



## Research Article

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Received: 15 December 2020 / Accepted: 31 January 2021 / Published: 5 March 2021

# Impact of the National Transformation Programs on the Life Quality of the Saudi Woman: A Study Applied to Riyadh

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DOI: <https://doi.org/10.36941/jesr-2021-0042>

## Abstract

*The present paper aimed to identify the impact of the national transformation programs on the life of the Saudi woman. The paper was applied to a sample of (381) Saudi women. The results showed that the programs have changed the life of woman and contributed to woman empowerment. The most influential programs allowed the woman to drive a car, changed the regulations of civil affairs; travel documents and work, participation in decision-making, holding leading positions, and enacting laws against harassment, violence and abuse. Moreover, there was a positive correlation between national transformation programs, which reinforce woman self-reliance, and improving life quality. Furthermore, there was a statistically significant positive correlation between national transformation programs and the woman's increasing sense of satisfaction with the community, quality of life and enjoyment, as well as security. In addition, these programs maximized woman responsibilities, so she could hardly manage her time. Moreover, full-time jobs negatively affected her life and weakened her social relations. The paper recommends providing the Saudi woman with adequate support to best fulfill her roles, implementing programs and initiatives that help cascade legal awareness, and increasing the adoption of STEM system, which integrates science, technology, engineering and mathematics, to prepare Saudi women for future jobs.*

**Keywords:** Empowerment, Quality of life, Saudi woman, Saudi Vision 2030, Social change

## 1. Introduction

Concentration on knowledge rather than economy is a goal of Saudi Vision 2030. This transformation requires investing and empowering man, who is the substantial domain of economic and social development. Development does not complete without woman's participation and the investment of her energy. Thus, the Saudi government has adopted woman empowerment as a strategic direction for the state and developed programs and reforms to promote her status, empower her socially; economically and politically, provide her with safe environment and services that help her do a pivotal role in development, and maximize her participation in labor market. Accordingly, the government approved national transformation programs, which improve woman's status, guarantee her rights in the areas of health; education; protection, and employment, as well as provide her with a better standard of living. In addition, some laws have been changed to provide woman with a flexible and appropriate work environment to best benefit from her new role.

## 2. Statement of the Problem

Women constitute half of the Saudi community at a rate of (49%) out of the total population (15 years and over) with similar proportions in most regions, while the average age of Saudi women is 28 years, and half of them are less than 27 years old (General Authority for Statistics, 2020). However, their energies have not been invested because women contribute to labor market less than men. Statistics of the International Labor Organization indicate that the percentage of female workforce in 2019 did not exceed 15.8% (World Bank, 2019).

Studies illustrate that woman faces major challenges that impede her participation in the community. Al-Asfour (2017) revealed that the Saudi working woman face community, organizational and structural challenges, such as the inability to relocate and balance between work tasks and family responsibilities, gender discrimination, as well as limited work opportunities and professional development.

With the approval of the Saudi Vision 2030 in 2016 to modernize and reclassify the country as a "knowledge economy" that requires highly skilled workers and more investments in education, the government has focused on reforming the status of women who rate (58%) of the Saudi university graduates. However, the rate of females with a bachelor degree is 62%, which exceeds their rate at labor market. The low participation of the highly educated women shows a reduction in the government's investment in education.

More than 100,000 Saudi women reach the age of work every year, so the Saudi Vision includes increasing females' participation in workforce to 30% by 2030. Hence, the present paper aimed to identify the impact of the national transformation programs on the life of the Saudi women in the objective domain, represented in health; psychological and social aspects, as well as subjective domain, represented in one's satisfaction with these objective indicators, which affect his/ her sense of satisfaction, safety, and quality of life.

## 3. Questions

1. What is the impact of the national transformation programs on the life quality of the Saudi woman?
2. Which national transformation program affects the life of the Saudi woman the most?
3. What is the impact of the national transformation programs on the objective domain of the Saudi woman?

The aforementioned question is answered by testing the following hypotheses:

- There is a statistically significant relation between national transformation programs and improving the economic status of the Saudi woman.
  - There is a statistically significant relation between national transformation programs and improving the health status of the Saudi woman.
  - There is a statistically significant relation between national transformation programs and improving the social status of the Saudi woman.
  - There is a statistically significant relation between national transformation programs and improving the rights of the Saudi woman.
4. What is the impact of the national transformation programs on the subjective domain of the Saudi woman?

The aforementioned question is answered by testing the following hypotheses:

- There is a statistically significant relation between national transformation programs and the Saudi woman's self-reliance.
- There is a statistically significant relation between national transformation programs and the Saudi woman's self-reliance.
- There is a statistically significant relation between national transformation programs and the Saudi woman's increased sense of satisfaction.
- There is a statistically significant relation between national transformation programs and the Saudi woman's sense of life quality.

#### 4. Objectives

1. Identify the impact of the national transformation programs on the life of the Saudi woman.
2. Identify the most influential national transformation program.
3. Identify the impact of the national transformation programs on the life quality of the Saudi woman in the objective domain, represented in the economic, health, and social aspects as well as rights.
4. Identify the impact of the national transformation programs on the life quality of the Saudi woman in the subjective domain, represented in self-reliance and sense of satisfaction as well as quality of life.

#### 5. Significance

The following aspects manifest the significance of the paper:

- The topic is not extensively addressed.
- The paper highlights the Saudi Vision 2030.
- The paper focuses on a topic related to women who are influential, represent half of the community and strongly influence the other half.
- The results benefit the officials in developing the plans that improve the Saudi woman's life.
- The present paper is an indication of further studies that help improve the life quality of Saudi woman.

#### 6. Definition of Terms

*Reflection:* The term is derived from the verb "reflect" (Al-Misbah Al-Monir, 424). The thing reflected on it means affected it. Reflection as a noun denotes an impact and an effect (Lisan Al-Arab, 45). In the present paper, reflection means the positive or the negative impact of the national transformation programs on the life of the Saudi woman.

*Saudi Vision 2030:* It is a post-oil plan that clarifies the long-term Saudi goals and expectations. It is based on the distinctive strengths and capabilities of Saudi Arabia. It relies on three fundamentals (i.e. a vibrant community, a flourishing economy, and an ambitious nation), which help the Saudi citizens realize their aspirations. The vision also comprises a number of programs that represent the approach of how to achieve it under the supervision of the Council of Economic and Development Affairs and by following governance and activating the methods of following and implementing initiatives (<https://vision2030.gov.sa>). National transformation programs are among the most prominent programs of the vision.

*National transformation programs:* A number of executive programs of Saudi Vision 2030, which build the capabilities and potentials substantial to achieve its goals of the vision. National Transformation Program aims to achieve excellence in government performance, enhance economic capabilities, and raise the level of living services through accelerating the implementation of infrastructure and digital projects as well as involving the beneficiaries in identifying challenges, creating solutions, implementation, and the evaluation of the performance of the program's initiatives. The program involves eight domains: develop healthcare, improve living standards and safety, ensure the sustainability of vital resources, enhance social development and non-profit sector development, achieve excellence in government performance, allow different society segments' access to labor market and raise labor market attractiveness, contribute in empowering private sector, and develop tourism and the national heritage sector. National transformation program is procedurally defined as some initiatives that empower woman, overcome the challenges she faces, support her capabilities, and allow her to be a foundation of development.

*Quality of life:* According to the American Psychological Association (APA), quality of life is "the extent to which the individual achieve satisfaction with life". The following are important for a good

quality of life: emotional, material, and physical well-being; engagement in interpersonal relations; opportunities for personal (e.g. skill) development; exercising rights and making self-determining lifestyle choices; and participation in society (Reine, 2003).

Khalil (2010) defines quality of life as “qualitative and quantitative indications of social, health, and economic circumstances as well as their interaction and effect on the persons and communities' acceptance and satisfaction with them as well as their goals”. It is also associated with other terms, such as welfare, well-being, development as it means expanding choices and providing man's freedom; rights; and knowledge which is essential for well-being, progress, improvement, betterment, and satisfaction of needs.

## 7. Theoretical Framework

### 7.1 Life Model

This paper adopts the life model, which depends on the ecological approach and focuses on the relationship between man and his/her social environment. This model is associated with human development, contributes to experiences comprehension, and focuses on the positive or negative interactions among the persons. In other words, it achieves harmony between man and the environment as well as enables the persons to assume the responsibility of developing their life and the community. Moreover, it depends on the multiple theoretical approach, much knowledge, and social sciences that help different systems achieve their goals (Gitterman & Germain, 2008).

Al-Karkhi (2011) defines quality of life as “the person's sense of contentment and well-being, the ability to satisfy the subjective and objective needs that include the personal aspect, and sense of material and physical well-being as well as social integration”. The life model achieves integration between social relationships that help the persons fulfill their roles and achieve their goals. It also uses the positive forces of the persons and the available environmental potentials to eliminate the environmental problems or difficulties and focuses on participation and gaining the skill of problems facing (Abdelatif, 2010).

Furthermore, it is an approach of social work that reduces man's stress and develops creativity. In the meantime, it focuses on the relationship between man and his/her environment, life changes, interactions between persons, and the environmental obstacles to unleash the available capabilities, reduce the environmental pressures, and reinforce growth and life changes (Habib & Hanna, 2016).

### 7.2 Theoretical approaches of quality of life

#### 7.2.1 Cognitive approach

It focuses on the concept that the nature of one's perception defines his/her sense of quality of life. Within the framework of this perception and the differences it involves, the subjective factors are the most influential ones. This approach is consistent with Schalock (2004) who presented a rank of life quality consisting of eight domains and each domain comprises three indicators, as follows:

Domain	Indicator
Emotional well-being	Contentment, self-concept, and lack of stress
Interpersonal relations	Interactions, relationships, and support
Material well-being	Financial status, employment, and housing
Personal development	Education, personal competence, and performance
Physical well-being	Health, activities of daily living, and leisure
Self-determination	Autonomy, goals, and choices
Social inclusion	Community integration, community roles, social support
Human and legal rights	Individual rights, group rights, law, and duties.

Source: Schalock, R. L. (2004).

### 7.2.2 Humanistic approach

It explains the quality of life in the light of self-concept as it focuses on the necessary association between two elements: an organism and a good environment (natural, social, cultural) because life is clarified through the influence of each one on the other. In addition, the reality of human life comprises enormous potentials to achieve the best levels of development and (Rebecca, 2000). The most relevant theory is Ryff theory, which states that the quality of one's life is involved in his/her ability to face issues and solve problems. Development of life stages that reflect his/her sense of life quality provides psychological well-being. The theory addresses the concept of psychological well-being as the individual's sense of life quality affects his/her sense of well-being. Ryff identified six domains of well-being, and each domain comprises six characteristics that define the concept of psychological well-being, represented in one's positive role in improving life stages.

### 7.2.3 Integrative approach

Ventegodt, Merrick, and Andersen (2003) indicated that one's perception of his/her life makes him/her personally evaluate what is happening around and form ideas to achieve satisfaction with life. He also presented a theoretical integrated model of life quality including concept of well-being, concept of life, biological system of information, realistic life, achieving needs, as well as other objective factors. *The integrated theory defines the indicators of life quality, as follows:*

- One's sense of satisfaction makes him/her feel life quality. This sense is achieved by setting realistic goals and struggling to change the environment to match them.
- Satisfying the needs does not create satisfaction and sense of life quality because it a relative issue that varies according to the persons and the environments.
- One's use of his/her potentials in creative activities, good social relations, and significant goals as well as the family that instills a sense of life makes him/her feel the quality of life.

## 8. Methodology

### 8.1 Method

The author adopted the descriptive analytical approach which investigates the present facts related to the nature of the phenomenon or the current situation to get generalizations that allow predicting the future (Ghariba et al., 2011).

### 8.2 Limits

The paper comprises the objective domain of the Saudi woman, represented in economic; health; and social levels; as well as rights, and the subjective domain, represented in self-reliance, sense of satisfaction, safety, and sense of quality of life. The sample comprised (382) Saudi woman in Riyadh. Data were collected during the period from 2/4/2020 to 10/6/2020.

### 8.3 Population and Sampling

Intentional sample, which is one of non-probabilistic samples, was selected. The author uses it if the population is large and similar. He/she also adopts the intentional sample method that consists of specific items representing the population (Badr, 2011). This type of samples never neglects the substantial parts of the population. To ensure the population representation, the following conditions are adopted:

1. A Saudi woman living in Riyadh.
2. She is not less than 21 or more than 55 to represent the whole generation. The beginning is

the age of 21 because it signifies the age when woman realizes the various influences on her life and the responsibility for her decisions.

3. The population comprises (474.787) women (www.stats.gov.sa/ar/852). The sample size was defined using the statistical tables prepared by Krejcie and Morgan.

**Table (1):** The demographic characteristics of the participants

Age	No.	%	Age	No.	%	Age	No.	%
From 21 to 25	130	34.1	From 26 to 30	57	15.0	From 31 to 35	26	6.8
From 36 to 40	39	10.2	From 41 to 45	42	11.0	From 46 to 50	41	10.8
From 51 to 55	46	12.1						
Education	No.	%	Education	No.	%	Education	No.	%
Less than secondary	9	2.4	Secondary	44	11.5	University	280	73.5
Postgraduate	48	12.6						
Marital status	No.	%	Social status	No.	%	Social status	No.	%
Single	179	47.0	Married	169	44.4	Divorced	21	5.5
Widow	12	3.1						
Job	No	%	Job	No	%	Job	No	%
Housewife	81	21.3	Student	109	28.6	Public sector employee	100	26.2
Private sector employee	51	13.4	Businesswoman	18	4.7	Retired	22	5.8
Monthly income	No.	%	Monthly income	No.	%	Monthly income	No.	%
Less than 3000 riyals	168	44.1	From 3000 to 6000 riyals	47	12.3	From 7000 to 10000 riyals	61	16.0
From 11000 to 14000 riyals	40	10.5	From 15000 to 18000 riyals	28	7.3	From 19000 to 22000 riyals	17	4.5
23000 riyals or more	20	5.2						
Total	381		100,0					

#### 8.4 Tool

Based on the nature of the data required to test the hypotheses of the paper and the adopted approach, the author found that the questionnaire is the most appropriate tool to achieve the objectives of the paper and test its hypotheses. The author designed it according to the previous pieces of literature relevant to the topic of the paper. The final form of the questionnaire comprised three sections:

- Section one covers age group, educational level, marital status, job, and monthly income.
- Section two handles the variables that measure the impact of national transformation programs on the life of the Saudi woman.
- Section three includes the variables that define the impact of national transformation programs on the life of the Saudi woman in the objective domain represented in the economic; health; and social aspects as well as rights, and the subjective domain represented in self-reliance, sense of satisfaction, achieving safety, and sense of life quality. To evaluate the participants' responses, the author designed the questionnaire according to the three-point Likert scale, which involved the following items: Yes with a high degree ( 2.35-3.00), yes with an average degree ( 1.68-2.34), and no effect ( 1-1.67).

To verify that the tool was designed to estimate the participants' responses and the items were comprehensive and appropriate, the author adopted two types of validity:

*Face validity:* The first form of the questionnaire comprised (48) items, distributed to the domains. It was reviewed by (14) reviewers, who modified it and reduced the items to (42).

*Validity of the internal consistency:* After verifying face validity of the tool, it was applied to a pilot sample of (36) women (aged 21 to 55), who were randomly selected. Furthermore, Pearson correlation coefficient was estimated between the score of each item and the total score of the domain. The results showed that the values of correlation coefficients between the item and its domain were positive and statistically significant at the level of (0.05) or less, which indicates that all items were highly valid and the internal consistency between the items was high. Accordingly, the items and domains were valid

and appropriate for field testing.

To measure reliability, Cranach's alpha ( $\alpha$ ) was adopted. The results demonstrated that the value of Cronbach's alpha was high for all domains and ranged from (0.62) to (0.75), which suggests that the tool was highly reliable and appropriate for field testing. The author also used split half method, where she divided the variables to single and pair items. To estimate their correlation coefficient, she adopted the scores of the two halves. To estimate reliability coefficient of the scale, Spearman Brown equation was applied. The results showed high correlation coefficients (0.82 for the objective aspect, 0.78 for the subjective aspect, and 0.81 for the reliability of the questionnaire).

## 9. Results

**Table (2):** Impact of the National Transformation Programs of the life of the Saudi woman

Impact	No.	%
My life changed a lot	59	15.5
My life moderately changed	229	60.1
My life did not change	93	24.4
Total	381	100,0

The results revealed that the impact of the National Transformation Programs on the life of the Saudi woman was varying degrees; (60.1%) of the participants reported that the programs moderately changed their life, (15.5%) claimed that they changed their life a lot, and (24.4%) stated that the programs did not affect their life. Accordingly, the programs changed the life of the participants with a percentage of (75.6%).

These results are consistent with Yassin (2018), who contended that Vision 2030 and the subsequent decisions positively affected the development of the woman's talents and the investment of her capacities as well as provided the appropriate opportunities to build her future, the safe environment and services that facilitate carrying out the national duties. Swigonski and Raheim (2011) claim that social workers seek to broaden and enhance their understanding of the impact of the environment on a woman's quality of life and assess the interaction between the person and the environment.

**Table (3):** The national transformation programs that affect the life of the Saudi woman the most

Program	No.	%	Rank
Provide new opportunities for woman in labor market	167	43.8	2
Empower woman to hold leadership positions	131	34.4	5
Woman's participation in decision making	135	35.4	4
Allow woman to drive and facilitate her movement	226	59.3	1
Allow woman to travel and work	165	43.3	3
Equalization of opportunities between woman and man	107	28.1	9
Enact laws against violence and abuse	129	33.9	6
harassment Enact laws against	125	32.8	7
Establish courts of personal status to consider family cases	105	27.6	10
Maximize women's sport	111	29.1	8

The results illustrated that all programs have affected the life quality of the Saudi women with varying degrees, but the most influential programs are associated with mobility, work, and travel. Al- Saigh (2013) stated that the greatest challenge for the woman was man's domination. To improve woman's status and reduce man's domination, the government allowed her to drive a car, participate in decision-making, and hold leadership positions; and changed the regulations of civil affairs; travel documents and work.

The results are consistent with Gorondutse et al. (2019) that equality between man and woman and governmental support for woman reinforce the effectiveness of her role in leadership positions. The result is consistent with Al-Zahrani and Al-Hamami (2018) that the obstacles related to the community's perception of the woman greatly impede her empowering. Albasri (2019) revealed that the five barriers that contributed to a glass ceiling were culture, social segregation, discrimination, institutional barriers, and personal barriers.

The programs of protection against violence were the most influential ones, as some Saudi women face domestic violence whose rate is not defined due to lack of statistics and not reporting all cases to the official authorities. Badawi (2017) showed that women in Riyadh multiple types of violence and social violence was the most prevalent. Moreover, women aged 25-35 and the less educated ones were highly exposed to violence.

Eldoseri et al. (2014) showed a gap between the prevalence of violence, especially spousal violence, and access to services because women hesitate to report violence because of family control, which considers this a private issue. This result is consistent with the results of the family safety study that the official numbers of the victims of domestic violence are less than the real numbers. In addition, regulations should be enacted to protect women against all types of violence.

Enacting the anti-harassment law is influential program and was ranked seventh with a percentage of (32.8%) due to the Saudi women's need for deterrent laws that protect against harassment, especially after the new openness. Hamza (2017) revealed that enacting the deterrent laws that prevent harassment improves the woman's work environment and creates professional stability

McLaughlin and Blackstone (2017) indicated that sexual harassment increases financial stress largely by precipitating job change and can significantly alter women's career attainment. Programs of maximizing females sport and equalization of opportunities between woman and man was ranked before the last because these aspects did not add new services as sports clubs are accessible and sports are practiced at private and public universities and schools.

The establishment of courts of personal status to consider family cases was ranked last because judiciary did justice to women in family cases. Suffering resulted from routine procedures or woman's inability to reach the judicial authorities. Accordingly, these programs adopted a comprehensive approach to empower woman. Shamlawi and Al-Heit (2019) illustrated that woman empowerment should focus on the economic, social and political domains because woman needs to access education, training, technology as well as financial and official services.

**Table (4):** The impact of the national transformation programs on the objective domain of the Saudi woman's life

Aspects of objective domain	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
Economic aspects	2.10	0.23	70.0	8.38	0.000	4
Health aspects	2.57	0.37	85.6	30.7	0.000	1
Social aspects	2.43	0.34	81.0	24.52	0.000	2
Rights aspects	2.35	0.30	78.3	22.29	0.000	3
All aspects	2.27	0.19	75.7	28.82	0.000	

The results showed that the arithmetic means of the subjective aspects were higher than the average value of the scale (2), and (T) value was (24.52, 22.29, 30.7, 8.38, and 28.82), which are statistically significant values at the level of (0.05) or less. Moreover, the arithmetic means of the agreement ranged from (2.10) to (2.57). Furthermore, the national transformation programs greatly influenced the health, social and rights aspects, but they moderately affected the economic aspects. Their effect on health aspects was ranked first according to the prominent achievements in health sector. Data of The World Health Organization indicate that the Saudi health care system was ranked 26 among 190 systems worldwide in 2017 (Towards Sustainable Development in Saudi Arabia Report, 2018).

Social aspects was ranked second as the changes of woman status are remarkable. Mubarak (2012) revealed that appropriate environmental conditions and good social relations help the woman feel the quality of life. Al-Sahli (2015) indicated that low quality of woman's social life in Saudi Arabia results from the ideology of the community, where customs and traditions restrict the woman's relationships and interaction with others. Rights aspects were ranked third. This result is consistent with Varshney (2019) that the new era is an important transitional phase for the woman because it empowers her. However, she is still facing some challenges, such as unawareness of her rights, traditions, and inequality between man and woman.

Shoukair et al. (2018) recommended modifying the laws that restrict woman's activities and maximizing the regulations that protect her rights. Change in the economic aspects was ranked last because the programs fundamentally aimed to enable the woman to participate in the community rather than causing material change. These results are consistent with Sabir and Zenaidi (2019) that the changes associated with Vision 2030 indirectly affect the macroeconomic level, but their impact on the life of the Saudi women, families, and children is noticeable in reducing poverty, enhancing educational prospects, achieving well-being, and maximizing satisfaction.

**Table (5):** Linear regression results of the impact of national transformation programs on the life of the Saudi woman in the objective domain (economic, health, social, and rights aspects) (n = 381)

Objective domain	Beta	T	F	R	Sign
Economic aspects	0.21	4.17	17.41	0.044	0.000
Health aspects	0.154	3.04	9.23	0.024	0.003
Social aspects	0.181	3.58	12.83	0.033	0.000
Rights aspects	0.163	3.23	10.40	0.027	0.001
All aspects	0.219	4.38	19.14	0.048	0.000

\* Independent variable: National transformation programs \* Dependent variable: Aspects of the objective domain

(T) Value is (2.390), (F) value is 3.47 (P = 0.05) and F = 5.78 (P = 0.01).

Table (5) shows a statistically significant relationship between the national transformation programs and the aspects of the objective domain, where significance level was at lower than (0.05). The result of the linear regression asserts the positive correlation between both of them. In addition, Beta coefficient for the economic, social, rights and health aspects was (0.210), (0.181), (0.163) and (0.154), respectively. It is statistically significant at a level lower than (0.05).

In terms of the 1<sup>st</sup> hypothesis, the results demonstrated a statistically significant relationship between the national transformation programs and the improvement of the economic level of the Saudi woman, as chi-square value was (9.93) at a significance level of (0.042). Moreover, the economic level of (49.6%) of the participants moderately improved, the level of (11.5%) greatly improved, and that of (1.3%) slightly improved. This result asserts that the national transformation programs positively affected the economic level of the Saudi woman.

**Table (6):** The impact of the national transformation programs on the economic level of the Saudi woman

Agreement / Item		Agree	Somewhat agree	Disagree	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
My economic level improved.	F	61	161	159	1.74	0.72	58.1	-7.0	0.001	5
	%	16.0	42.3	41.7						
I have more opportunities of education and work.	F	140	156	85	2.14	0.76	71.5	3.7	0.001	4
	%	36.7	40.9	22.3						
I am satisfied with work and study environment.	F	184	159	38	2.38	0.66	79.4	11.3	0.001	3
	%	48.3	41.7	10.0						

Agreement / Item		Agree	Somewhat agree	Disagree	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
I am badly paid because I am woman.	F	39	106	236	1.48	0.67	49.3	-15.2	0.001	6
	%	10.2	27.8	61.9						
I find it difficult to manage my expenses.	F	77	128	176	1.74	0.77	58.0	-6.6	0.001	5
	%	20.2	33.6	46.2						
I am satisfied with my standard of living.	F	208	145	28	2.47	0.63	82.4	14.6	0.001	1
	%	54.6	38.1	7.3						
I can get my needs on my own.	ك	206	145	30	2.46	0.64	82.1	14.1	0.001	2
	%	54.1	38.1	7.9						
Total mean					2.10	0.23	70.0	3.7	0.001	

Table (6) indicates that satisfaction with the standard of living was ranked first with a mean of (2.47), the woman's ability to get her own needs was ranked second with a mean of (2.46), satisfaction with work and study environment was ranked third a mean of (2.38), and the availability of job and study opportunities was ranked fourth with a mean of (2.14). Accordingly, the national transformation programs contributed to woman's satisfaction with the standard of living because they provided more job opportunities. Al-Shalhoub (2017) reported that the substantial aspects of the Saudi woman's empowerment are educational empowerment, economic empowerment, and sufficient income that meet her needs.

Improvement of the economic status and the inability to manage expenses was ranked fifth with a mean of (1.74). The programs did not directly improve the economic status of the participants because they did not focus on improving the economic status because of the availability of the government programs, such as social security programs, citizen account, and incentive aid. The item of "I am badly paid because I am a woman" was ranked sixth with a mean of (1.48). According to Likert scale, it signifies disagree, suggesting the inappropriateness of this item as (40%) of females' jobs offered by public sector and the governmental authorities apply civil service regulations to both genders.

Al-Talbi (2017) showed that the economic inflation in Saudi Arabia caused further issues, especially for the widows and divorced women, so they have to find a job. These results are inconsistent with Asfour et al. (2017) demonstrated that gender segregation at work negatively affected woman's professional development. Williams et al. (2012) indicated that gender segregation at work played an important role in allocating rewards and relationships between men at work might be built in a way that harms woman.

In terms of the 2<sup>nd</sup> hypothesis, the results illustrated a statistically significant relationship between the national transformation programs and the improvement of the health level of the Saudi woman, as chi-square value was (9.31) at a significance level of (0.042). Moreover, health level of (48.0%) of the participants greatly improved and the level of (11.5%) slightly improved. This result asserts that the national transformation programs positively affected the health level of the Saudi woman.

**Table (7):** The impact of the national transformation programs on the health level of the Saudi woman

Agreement / Item		Agree	Undecided	Disagree	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
I have adequate treatment services.	F	282	83	16	2.70	0.54	89.9	25.1	0.001	2
	%	74.0	21.8	4.2						
I have the opportunity to do sports well.	F	257	98	26	2.61	0.61	86.9	19.3	0.001	3
	%	67.5	25.7	6.8						
Health awareness programs in my environment are insufficient.	F	64	145	172	1.72	0.74	57.2	-7.5	0.001	4
	%	16.8	38.1	45.1						
I suffer from poor health services in my environment.	F	26	97	258	1.39	0.61	46.4	-19.4	0.001	5
	%	6.8	25.5	67.7						

Agreement	Item	Agree	Undecided	Disagree	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
My residence is convenient.	F	295	67	19	2.72	0.55	90.8	25.8	0,001	1
	%	77.4	17.6	5.0						
Total mean					2.23	0.30	74.2	15.02	0,001	

Table ( 7) reveals that the item of "my residence is convenient" was ranked first with a mean of (2.72), the item of " I have adequate treatment services" was ranked second with a mean of (2.70), the item of " I have the opportunity to do sports well" was ranked third with a mean of (2.61), the item of " health awareness programs in my environment are insufficient" was ranked fourth with a mean of (1.72), and the item of " I suffer from poor health services in my environment" was ranked fifth with a mean of (1.39), which suggests that it is classified as disagree.

Accordingly, health aspects of the Saudi woman life are good because her residence is convenient, as well as she has adequate treatment services and has the opportunity to do sports well. Convenient residence as adequate treatment services definitely influence quality of life. These results are consistent with Al-Aqran (2020) that the more sports are practiced, the greater the quality of public health, mental health, and time management. Fallatah et al. (2019) asserted that physical fitness centers that have recently prevailed encouraged woman to have a healthy lifestyle. Furthermore, woman's concern about her physical fitness and beauty, as well as the effect of the social factors encouraged her to go regularly.

In terms of the 3<sup>rd</sup> hypothesis, the results illustrated a statistically significant relationship between the national transformation programs and the improvement of the social level of the Saudi woman, as chi-square value was (18.69) at a significance level of (0.001). Moreover, social level of (38.3%) of the participants greatly improved, the level of (21.3%) moderately improved, and the level of (0.3%) slightly improved. This result asserts that the national transformation programs positively affected the social level of the Saudi woman.

**Table (8):** The impact of the national transformation programs on the social level of the Saudi woman

Agreement	Item	Agree	Undecided	Disagree	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
I notice a real change for the woman.	F	269	91	21	2.65	0.58	88.4	21.8	0.000	1
	%	70.6	23.9	5.5						
My present life is better than my past life.	F	198	130	53	2.39	0.72	79.4	10.3	0.000	5
	%	52.0	34.1	13.9						
I have the opportunity to participate in social activities.	F	219	112	50	2.44	0.71	81.5	12.1	0.000	4
	%	57.5	29.4	13.1						
I get the social support I need.	F	191	142	48	2.38	0.70	79.2	10.5	0.000	6
	%	50.1	37.3	12.6						
New transformations maximized the woman's domestic responsibilities.	F	236	120	25	2.55	0.62	85.1	17.6	0.000	2
	%	61.9	31.5	6.6						
The present lifestyle negatively affects social relationships.	F	144	143	94	2.13	0.78	71.0	3.3	0.005	7
	%	37.8	37.5	24.7						
Full time job negatively affects woman's life.	F	213	125	43	2.45	0.69	81.5	12.6	0.000	3
	%	55.9	32.8	11.3						
Total mean					2.43	0.34	80.9	24.5	0.000	

Table (8) shows that the item of " I notice a real change for the woman"" was ranked first with a mean of (2.65), the item of " new transformations maximized the woman's domestic responsibilities"" was ranked second with a mean of (2.55), and the item of " full time job negatively affects woman's life" was ranked third with a mean of (2.42). Consequently, these programs improve woman's life.

These results are consistent with Varshney (2019) that the new era ushered a paradigm shift that

beckoned a rising women’s empowerment process. Currently, Saudi women are better educated, well informed, and more financially independent. Abu Bakr (2012) indicated a relationship between role conflict and stress among women. Diverse roles and responsibilities lead to a conflict between roles as well as affect the physical and psychological health. The study asserted caring about working women because they are exposed to several problems and disorders. They are also consistent with Salem (2018) that woman’s multiple roles cause imbalance between work and home as well as maximize family problems.

Moreover, the item of " I have the opportunity to participate in social activities " was ranked fourth with a mean of ( 2.44), the item of " my present life is better than my past life " was ranked fifth with a mean of ( 2.39), and "I get the social support I need" was ranked sixth with a mean of (2.38). This result is consistent with Al-Bakr et al. (2017) that the present generation accepts the change of gender roles and admits woman’s rights in education, employment and public activity. Al-Zahrani (2020) showed a correlation between quality of life, social support, and self-efficacy.

This result is consistent with Al-Bakr et al. (2017) that the current generation accepts changing gender roles and accepts women’s rights in education, employment and public activity. The item of "the present lifestyle negatively affects social relationships" was ranked seventh with a mean of (2.13). This result is consistent with Al-Shahri (2018) that the woman working in private sector suffers from poor social relations with relatives and friends because of long working hours. Moreover, woman’s work and education weakens her social relations.

In terms of the 4<sup>th</sup> hypothesis, the results illustrated a statistically significant relationship between the national transformation programs and the improvement of the rights of the Saudi woman, as chi-square value was (10.91) at a significance level of (0.028). Moreover, rights of (33.9%) of the participants moderately improved, rights of (24.7%) programs improved the rights of the Saudi woman.

**Table (9):** The impact of the national transformation programs on the greatly improved, and rights of (2.1%) slightly improved. This result asserts that the national transformation rights of the Saudi woman.

Agreement	Item	Agree	Undecided	Disagree	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
Now, I can take my own decisions.	F	240	121	20	2.58	0.59	85.9	19.1	0.000	4
	%	63.0	31.8	5.2						
I consider myself a responsible person.	F	314	57	10	2.80	0.46	93.3	33.6	0.000	1
	%	82.4	15.0	6.2						
Law considers me fully competent.	F	297	72	12	2.75	0.50	91.6	29.1	0.000	2
	%	78.0	18.9	3.1						
The legal aspect in my life has become easier than before.	F	240	123	18	2.58	0.58	86.1	19.5	0.000	3
	%	63.0	32.3	4.7						
I do not know all my rights.	F	40	169	172	1.65	0.66	55.1	-10.2	0.000	6
	%	10.5	44.4	45.1						
Laws pertaining to woman have not been sufficiently enforced.	F	48	178	155	1.72	0.67	57.3	-8.13	0.000	5
	%	12.6	46.7	40.7						
Total mean					2.35	0.30	78.2	22.3	0.000	

Table (9) indicates that the item of " I consider myself a responsible person"" was ranked first with a mean of (2.80), the item of " Law considers me fully competent" was ranked second with a mean of (2.75), the item of " The legal aspect in my life has become easier than before" was ranked third with a mean of (2.58), and the item of "I can take my own decisions" was ranked fourth with a mean of ( 2.58). Moreover, the transformation programs empowered woman to get her legal rights. Al Awad (2014) demonstrated that woman suffered from subjective, social, and regulatory obstacles that impeded demanding her fundamental rights because of the ignorance of her rights, duties, and fear of the community.

Eldoseri (2014) recommended the integration of education about domestic violence into health care curricula to enhance the access and quality of services. The item of "laws pertaining to woman have not been sufficiently enforced" was ranked fifth with a mean of (1.72), and the item of "I do not know all my rights" was ranked sixth with a mean of (1.65). These results are consistent with Al-Mutairi (2017) that legal awareness has to be raised among Saudi women and data about woman's rights included in the state's laws and regulations have to be available to prevail legal culture.

**Table (10):** The impact of the national transformation programs on the subjective domain of the Saudi woman's life

Agreement Item		Agree	Undecided	Disagree	Mean	Deviation	Relative weight	(T) value	Significance level	Rank
I accept change and consider it a part of my life.	F	273	95	13	2.68	0.53	89.4	24.9	0.000	3
	%	71.7	24.9	3.4						
I can fulfill my self.	F	289	78	14	2.72	0.52	90.7	26.9	0.000	2
	%	75.9	20.5	3.7						
My responsibilities cause me more stress.	F	92	165	124	1.92	0.75	63.9	-2.2	0.000	15
	%	24.1	43.3	32.5						
Rapid social changes worry me.	F	84	141	156	1.81	0.77	60.4	-4.8	0.000	17
	%	22.0	37.0	41.0						
I can control my life decisions	F	207	154	20	2.49	0.60	83.0	16.1	0.000	10
	%	54.3	40.4	5.2						
I find it difficult to manage time.	F	87	186	108	1.94	0.71	64.8	-1.5	0.133	14
	%	22.8	48.8	28.3						
I feel that my life is significant.	F	265	94	22	2.64	0.59	87.9	21.1	0.000	6
	%	69.6	24.7	5.8						
I feel empowered within my community	F	207	150	24	2.48	0.61	82.7	15.3	0.000	11
	%	54.3	39.4	6.3						
I have good social relationships.	F	266	98	17	2.65	0.56	88.5	22.7	0.000	5
	%	69.8	25.7	4.5						
Present circumstances create fear and challenge.	F	67	177	137	1.82	0.71	60.5	-5.1	0.000	16
	%	17.6	46.5	36.0						
I got what I expected in life.	F	113	195	73	2.10	0.69	70.2	3.0	0.000	13
	%	29.7	51.2	19.2						
I feel happy and satisfied.	F	252	117	12	2.63	0.54	87.7	22.6	0.000	7
	%	66.1	30.7	3.1						
I feel proud of belonging to this community	F	314	56	11	2.80	0.47	93.2	33.0	0.000	1
	%	82.4	14.7	2.9						
I have the opportunity to develop and create.	F	224	127	30	2.51	0.64	83.6	15.6	0.000	9
	%	58.8	33.3	7.9						
I feel that the quality of my life is good.	F	214	160	7	2.55	0.56	85.0	19.4	0.000	8
	%	56.2	42	1.8						
I feel psychologically safe.	F	271	94	16	2.67	0.55	89.0	23.6	0.000	4
	%	71.1	24.7	4.2						
I enjoy my present life.	F	170	185	26	2.38	0.61	79.3	12.2	0.000	12
	%	44.7	48.5	6.8						
Total Mean					2.44	0.30	81.5	28.8	0.000	

Table (10) shows that the items of "I feel proud of belonging to this community", "I can fulfill my self", "I accept change and consider it a part of my life", and "I feel psychologically safe" was ranked first, second, third, and fourth, respectively. This result demonstrated that woman's life improved in the subjective domain, which provides well-being.

Al-Malihan (2019) indicated that the obstacles that impeded woman's empowerment in administrative work involved the woman's control by the breadwinner, the negative view of the community, lack of accepting woman as an administrative official, and weak legislations that allow

woman to have administrative work. Eid (2018) indicated that several obstacles impeded holding leadership positions by the woman. Furthermore, woman enjoyed more psychologically security due to the community changes supported by strong government's policies. Thus, woman had more protection, security, justice, freedom and equality than before.

The items of "I enjoy good social relationships", "I feel that my life is significant", "I feel happy and satisfied", and "I feel that the quality of my life is good" came in the following positions. The items of "I have the opportunity to develop and create", "I can control my life decisions", "I feel empowered within my community", and "I enjoy my present life" was ranked ninth to twelfth. This result indicated that national transformation programs greatly reinforced satisfaction with the community and self-reliance among Saudi women due to granting them their rights. Al-Haj and Al-Nasser (2018) illustrated that woman was aware of glass ceiling problem and how to overcome it, as well as the effectiveness of the government's efforts to overcome it and promote woman empowerment.

The items of "I got what I expected in life", "I find it difficult to manage time", "my responsibilities cause me more stress", "present situations create me fear and challenge", and "rapid social changes worry me" was ranked last. It is noticeable that the items signify an imbalance in some aspects of the quality of life, such as difficulty in managing time, feeling afraid, stress, and anxiety about the speed of change. These results are consistent with Al-Shalhoub (2017) that the Saudi woman strongly needs rehabilitation (education and training) and social needs. Some women feel this because the change is rapid and they will not be able to adapt to it at the same speed as the response to the variables varies according to personality, education, culture, and the environment. The results are also consistent with Alsuwaida (2016) that the government's policies have empowered woman, but she still needs the opportunities to succeed and achieve an independent life that keeps pace with the rapid social change.

In terms of the 5<sup>th</sup> hypothesis, the results illustrated a statistically significant relationship between the national transformation programs and woman's self-reliance, as chi-square value was (21.44) at a significance level of (0.000). Moreover, the programs moderately affected self-reliance of (48.6%) of the participants, greatly affected (13.6%), and slightly influenced (14.7%). Accordingly, the programs reinforce the Saudi woman's self-reliance.

In terms of the 6<sup>th</sup> hypothesis, the results showed a statistically positive significant correlation between the national transformation programs and the increased satisfaction (self, life, and community). Values of Pearson correlation were (0.770), (0.261), and (0.261) at a statistically significant level less than (0.05). In terms of the 7<sup>th</sup> hypothesis, the results showed a statistically positive significant correlation between the national transformation programs and quality of life. Values of Pearson correlation were (0.308), (0.161), and (0.129) at a statistically significant level less than (0.05).

## 10. Discussion

National transformation programs changed the life of (75.6%) of participants. The most influential programs allowed the woman to drive a car, changed the regulations of civil affairs; travel documents and work, participation in decision-making, holding leading positions, and enacting laws against harassment, violence and abuse. In terms of the impact of the programs on the objective domain, the programs greatly affected health, social and human rights levels. In addition, openness of the Saudi community to the world and its culture raised the level of health education, especially among women. Women practiced sports because they had much free time and to improve to keep their health and beauty. Hence, girls practiced sports at schools and women's clubs became accessible.

Social aspect was ranked second as the woman observed a real change in her life, which became better than before. In addition, she had social support and participated in social activities. Driving a car and enacting laws against harassment facilitated mobility. Thus, several families allowed woman to form social relationships. Currently, youth accepts the change of woman's role more. Rights aspects was ranked third because woman considered herself a responsible person, law considered her fully qualified competent, legal aspect in her life became easier than before, and she could determine her own destiny. On the other hand, the programs moderately influenced the economic aspect because

they did not aim to provide direct economic support. Numerous economic programs provide support, while these programs are developmental. They also aim to strengthen and support woman to improve her standard of living on her own. The state provided her the opportunity and mechanisms to improve her economic status indecently. The positive impact of these programs will be evident in poverty combat in the future.

Concerning the effect of the programs on the subjective aspect, woman had further independence and empowerment. They also modified the material and social environment, introduced the human resources approach, and changed laws and regulations to meet her needs and develop her potentials. This change is an indication of the quality of life.

Moreover, they reinforced woman's satisfaction with the community due to the improvement of her life, obtaining rights and equality with men. She has become more self-reliant, which indicates that the quality of life has improved. Better material status and well-being, satisfaction of needs, satisfaction with life, sense of life significance, positive physical health, and well-being are the fundamentals of the quality of life. Craig (2010) stated that quality of life comprises (The 3 B's):

- Being (physical, psychological, and spiritual)
- Belonging (spatial, social, and community)
- Becoming (practical, recreational, and developmental)

Furthermore, they enhanced the sense of psychological security, so woman's sense of quality of their life increased. Her life became better due to the community changes, which the government supports. Although she could higher level of life quality in the subjective and objective domains, she feels worried and scared because rapid changes cause fear of the unknown. To overcome these fears, woman needs family and community support, as well as rehabilitation and training to acquire life skills, which help face difficulties, solve problems, and improve her life.

## 11. Recommendations

The study recommends designing a national strategy for legal awareness at the local level to implement specialized outreach campaigns in all administrative regions to inform the community members groups with their different educational and social levels of their rights and duties. Establishing legal initiatives using social media to offer legal counsel and explain the regulations that should be implemented by law specialists. Legal awareness at schools and universities should be increased, as well as integrating legal awareness into secondary and university courses. Students should know laws and rights as well as how to claim rights. Developing community awareness of the importance of science, technology, engineering and mathematics education for girls as a foundation of knowledge-based economy.

Furthermore, providing an educational environment that enhances knowledge economy and preparing universities to support giftedness and creativity. Increasing the adoption of STEM system, which integrates science; technology; engineering and mathematics, to prepare Saudi women for future jobs and achieve global competitiveness in cognitive and industrial economy. Attracting and qualifying competent women in the field of digital transformation and stimulating their effective participation in labor market. Moreover, private sector should implement community initiatives funded by banks and private sector institutions to develop the scientific, intellectual and economic capabilities of the Saudi woman to be able to successfully handle the present phase.

Additionally, establishing appropriate channels and using effective methods that help identify and solve the problems and obstacles facing the Saudi working woman. Scientific researches have to evaluate the present phase, define the future vision, and benefit from global experiences in empowering woman. Furthermore, universities and bodies concerned with women's affairs should implement creative and effective programs to raise awareness of empowerment and its cultural as well as economic domains, and correct any misconceptions concerning women's roles. Coordination between the public and private sectors to develop policies that help the woman hold new jobs, which benefit the Saudi economy and goals of Saudi Vision 2030.

## 12. Acknowledgemnt

The author would like to thank the Center for Promising Research in Social Research and Women's Studies Deanship of Scientific Research at Princess Nourah bint Abdulrahman University for funding this Project in 2020.

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